

This listing of claims will replace all prior versions, and listings, of claims in the application:

**Listing of Claims:**

1. (Currently Amended) A method of stimulating a muscle, comprising applying a stimulating signal to a user wearing a garment that includes an electrode configured to apply the signal, wherein applying the signal further includes applying a signal comprising a resonant sequence that includes at least three pulses, and wherein the pulses of the resonant sequence are spaced relative to one another such that each pulse subsequent to a first pulse in the sequence is effective to progressively stimulate and create tension in a musculature that includes the muscle inwardly from the electrodes and towards the center of the musculature while maintaining the tension created in at least a portion of the musculature by each preceding pulse in the resonant sequence.

2. (Original) The method of claim 1, wherein applying the signal further includes applying the signal to the user in contact with a garment comprising a glove.

3. (Original) The method of claim 1, wherein applying the signal further includes applying the signal to the user in contact with a garment comprising a vest.

4. (Original) The method of claim 1, wherein applying the signal further includes applying the signal to a user in contact with at least one garment selected from a list consisting of: a glove, a uniform, a shoe, a sock, a vest, a sleeve, a shirt, a hat, a helmet, a brace, a suspender, eye wear, a pad, jewelry, a watch and pants.

5. (Original) The method of claim 1, wherein applying the signal further includes applying the signal to the user while the user moves while wearing the garment.

6-12. (Cancelled)

13. (New) A method of stimulating a muscle, comprising applying a stimulating signal to a user wearing a garment that includes an electrode configured to apply the stimulating signal, wherein applying the signal further includes applying the signal to a user in contact with at least one garment selected from a list consisting of: a uniform, a shoe, a sock, a shirt, a hat, a helmet, a brace, a suspender, eye wear, a pad, jewelry, a watch and pants.

14. (New) A method of stimulating a muscle, comprising applying a stimulating signal to a user via an electrode configured to apply the signal wherein the stimulating signal is controlled using at least one of a plurality of handles held in the hands of the user.